



NEWS BULLETIN

SUFFOLK COUNTY DEPARTMENT of CIVIL SERVICE OFFICE OF PUBLIC INFORMATION

PO Box 6100
Building 158 - North County Complex
Hauppauge, New York 11788-0099
(631) 853-4402

STEVEN BELLONE
Suffolk County Executive

ALAN SCHNEIDER
Personnel Director

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For Your Information from...[Cornell Cooperative Extension of Suffolk County \(CCE\)](#)

Parenting Workshops



**PARENTING - the
hardest job you'll
ever love!**

Parenting workshops all take place at 423 Griffing Avenue, Riverhead. For more information call (631) **727-7850**, ext. 340.

Apr. 3	Understanding Temperament: 7:00 – 9:00p.m. Ever wonder how children with the same parents can be so different from one another? During this workshop we will explore how temperament makes each child unique. \$10.
Apr. 17	Parenting Styles and the Feeding Relationship: 7:00 – 9:00p.m. CONDUCTED IN SPANISH Does your parenting style affect the way your child develops healthy eating habits? Learn how research has found that the different parenting styles can promote healthy eating habits or contribute to unhealthy eating. Fee \$10.
Apr. 23, 30 & May 7	Discipline: 7:00 – 9:00p.m. Discipline is not a Dirty Word. Positive discipline means helping children learn self-control and problem-solving. In this series, discover new ways to correct and guide children's behavior. Intended for parents and caregivers of children ages 2 – 12.
May 21	Eating Healthy on the Run: Learn what matters most when it comes to feeding your family. Receive tips on food shopping, beverages and how to recognize healthy and unhealthy choices at popular restaurants.

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